

Kajun Martial Arts Belt Assignments

Mighty Warriors Blue Belt Sr. (Page 1)

Basics Front Hand Upward Diagonal Palm Strike (Offensive and Defensive)
Rear Leg Downward Kick

Pattern Gyum-soan YOOK Jang

RIGHT SIDE

1. Begin in Joon Be stance.
2. Step back with the left leg into a right guard stance, while executing a front inward block w/Kihap.
3. Execute a front swing kick (instep/top of the foot).
4. Execute a front back fist.
5. Execute a rear upward diagonal punch.
6. Execute a looping dodge.
7. Execute a rear upward diagonal punch.
8. Turn body to the left into a left guard stance.
9. Step back with the left leg into a right guard stance, while executing a front outward block.
10. Execute a front swing kick (instep/top of the foot).
11. Execute a front back fist.
12. Execute a rear upward diagonal punch.
13. Execute a looping dodge.
14. Execute a rear upward diagonal punch.
15. Turn body to the left into a left guard stance.
16. Step back with the left leg into a right guard stance, while executing a front outward block.
17. Execute a front swing kick (instep/top of the foot).
18. Execute a front back fist.
19. Execute a rear upward diagonal punch.
20. Execute a looping dodge.
21. Execute a rear upward diagonal punch.
22. Turn body to the left into a left guard stance.
23. Step back with the left leg into a right guard stance, while executing a front outward block.
24. Execute a front swing kick (instep/top of the foot).
25. Execute a front back fist.
26. Execute a rear upward diagonal punch.
27. Execute a looping dodge.
28. Execute a rear upward diagonal punch.
29. Execute a front inward punch w/Kihap.
30. Front leg steps back to Joon Be stance when instructed to.

Repeat on LEFT SIDE - stepping back with the right leg, turning right



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Speed Drills

1. Left forward guard stance.
 2. Step forward - consecutive front inward punch.
 3. Dodge.
 4. Front inward punch.
 5. Rear inward punch.
 6. Rear heel front kick.
- Repeat on right side.

Defense Drills

Defense Drill 6

Both side starting from hands down natural stance. One side attacks with one punch or kick while the partner blocks and counter attacks with 3-5 techniques. The first partner dodges or blocks lightly to allow the second partner to execute multiple movements

freely.

Air Shield

Air Shield Attack with free movement

Close Range

All Previous Close Rangeg (Adults Only)

Power Test

Rear Leg Downward Kick
Front Hand Upward Diagonal Palm Strike

